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'Harper is leaving politics, and we should all be insulted'

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Your essential daily news | THURSDAY, MAY 26, 2016

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A bad spring for cyclists and cars?

Advocates say recent stats don't tell the full story

metroNEWS

Ottawa cyclist Sarah Tremblay shares her stories about collisions — and how she avoids them. EMMA JACKSON/METRO

Mega-playground plan turning into mega-bummer

MOONEY'S BAY PARK

City council debate gets heated before motion is tabled

Lucy Scholey
Metro | Ottawa

Cries of "shame!" were heard inside the Ottawa city council chambers on Wednesday, after councillors voted against stalling the mega-playground planned for Mooney's Bay Park.

Councillors would not even hear Riley Brockington's motion to temporarily halt construction and review at least three alternative locations on Wednesday. They shot down the River ward councillor's attempt to waive the rules and have the debate.

"I think council should be ashamed that it won't allow another councillor to put a motion on the table," said Karin Howard, who has lived in Mooney's Bay for 35 years. She said the project was secretly rushed through city hall, without public consultation or much information about how it will be paid.

Mayor Jim Watson voted against hearing Brockington's motion.

"I'm not sure the point of actually going and looking at three new sites when staff in fact did look at all available waterfront sites in the city and this one was deemed to be the best by far," he said.

Sinking Ship Entertainment, a children's production company, quietly brought the proposal to city hall in January. Children and volunteers will build the new Canada-shaped playground this summer, and the process will be filmed for the TVO show Giver.

Dubbed the country's largest playground, it will officially open in time for Canada's 150th anniversary on July 1, 2017.

The city is investing about $1 million in the project and Sinking Ship will match those funds.

Because funding for the new park will come from a citywide cash-in-lieu of parkland fund, city staff did not need committee approval before signing the deal.

Brockington said city hall needs to change how it approves city-wide parks.

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metro NEWS

Your essential daily news

Trump protest turns violent in New Mexico, and several face charges. **World**

Gord Downie of The Tragically Hip sings during the band's performance at the Concert for Toronto in June 2003. Downie, the revered lead singer and the band's primary songwriter, has been diagnosed with terminal brain cancer. KEVIN FRAYER/THE CANADIAN PRESS

The Hip set summer date

FAREWELL TOUR

Defiant band ready to 'blow people's minds' on Aug. 18 stop

Haley Ritchie
Metro | Ottawa

The Tragically Hip announced Wednesday that they'll be playing in Ottawa for the last time on Aug. 18.

On Tuesday lead singer Gord Downie told fans that he had been diagnosed with terminal brain cancer. This summer's cross-country farewell tour will be the last chance to see the group live.

"So after 30-some years together as The Tragically Hip, thousands of shows, and hundreds of tours… We've decided to do another one," read a statement released by the band.

"What we in The Hip receive, each time we play together, is a connection; with each other; with music and it's magic; and during the shows, a special connection with all of you, our incredible fans. So, we're going to dig deep, and try to make this our best tour yet."

The farewell tour will start in Vancouver on July 24 and finish in Kingston on Aug. 20.

The band will play Canadian Tire Centre in Ottawa at 7 p.m. on Aug. 18.

Other stops on the tour include Edmonton (July 28), Calgary (Aug. 1), Winnipeg (Aug. 5), Toronto (Aug. 10 and 12), Hamilton (Aug. 16) and London (Aug. 8).

Tickets will go on sale June 3 at 10 a.m.

Downie's doctor told reporters on Tuesday that the 52-year-old father of four has been cleared for the tour, but will be closely monitored to avoid exhaustion on other health issues that could emerge on the road.

The neuro-oncologist says Downie was diagnosed after a seizure in December and has been receptive to treatment, suggesting he has a higher chance of longer-term survival.

The Hip will release "Man Machine Poem," their 14th studio album, on June 17.

The group's managers say Downie is determined to "blow people's minds" on the tour.

-WITH FILES FROM THE CANADIAN PRESS

I don't want to minimize it by saying it was the soundtrack of my youth, because it's more than that. It wouldn't be a summer day at the cottage without the Tragically Hip playing. Deborah Austin, 41, from North Augusta

I'm from New Brunswick and they played Moncton a lot of times, but I never got to go. There won't be much time left to see them. They've played everywhere in Canada, everyone knows them. Woody Webb, 39, from Centretown

Growing up in a small town they were kind of what you'd always hear on the radio. They are what I grew up with in Peterborough. Shevaun Corey, 36, from Carlington

PHOTOS HALEY RITCHIE/METRO

Mock extraction a 'scary' time

LIFESAVING SKILLS

Firefighters preparing for provincial competition

I could hear them coming. I heard their feet pounding, heard them shouting to one another that they could see a crash, that there was a patient inside a vehicle.

There was a blur of movement as the firefighters moved in, assessing the situation for hazards and what they would need.

Then someone was at the driver's side window.

The firefighter asked me for my name and then stabilized my head in case of spinal trauma. He asked me if I was hurt and where, if I had any existing medical conditions, and what kind of medication I was on. Then he told me he and his team were going to get me out of the car.

> **You're always learning. You see how others do stuff.**
> Firefighter Scott Langstaff

I can't imagine being extricated from a car wreck in a real collision. Thankfully, the one I was in was staged as part of a training exercise for the Ottawa Fire Service's competitive extrication team.

I was decked out in protective fire gear – the full suit, boots, gloves, eye protectors and breathing mask. I was safe and uninjured; just playing the part of a patient with a foot trapped under the gas pedal and stuck in a crushed car, unable to free myself.

It was still scary.

The Ottawa Auto Extrication Team has been training for months for the All Ontario Vehicle Rescue Challenge, May 26 to 28 in Perth. The team features five rural firefighters from Carp and two full-timers from Bells Corners. JESSICA CUNHA/METROLAND MEDIA

Hearing the tools go to work on the crushed wreck I was sitting in, the pops and screeches of metal as pieces of the car were cut away, not being able to move, having a blanket put over my face as all the glass was cut away – it's a little scary.

But these firefighters knew what they were doing.

The six-man team had me out in 18 minutes, five seconds.

The goal is to extricate a patient in 20 minutes.

"There's a stopwatch running," said Scott Deugo, a firefighter with Station 43 in Bells Corners and assistant coach for the team. "You're trying to get them out as fast as you can without making their injuries worse."

The Ottawa Auto Extrication Team – which has won a number of regional and national competitions – has been training for months for the All Ontario Vehicle Rescue Challenge taking place this week (today through Saturday) in Perth.

The team features four rural firefighters from Station 64 in Carp – Jake Sinclair, Nick Wade, Andrew Higgins and Adam Filoso – and two full-timers from Station 43 in Bells Corners – Kent Keuninckx and Jimmy Madden.

Each one has a specific role when the team arrives at a collision scene.

"You should know who should be where, when – it's like a play," said Scott Langstaff, firefighter with Station 64 and head coach of the team.

The team invited me to participate in one of their last training sessions before the competition, along with fire spokeswoman Danielle Cardinal.

Cardinal's scenario was serious; the vehicle she was in hit a hydro pole. The roof was crushed and a pole was driven through the windshield. The driver's side was against a barrier, making access difficult, and a second vehicle with a propane tank in it was crashed into the passenger's side.

It took the team 20 minutes and 30 seconds to extricate her.

"Firefighters work to respect a parameter called the 'Golden Hour,'" she said. "The clock starts after the collision occurs and only stops when the patient is receiving further treatment at the hospital. Ottawa Fire Service crews know that they have to be diligent and effective in extricating persons because the clock is ticking."

Deugo and Langstaff, former competitive extrication team members turned coaches, help the team figure out where they can improve in timing and technique. They record the practice extrications to watch with the team and hold a debrief after each scenario.

Vehicle extrication is a "high-level emergency" that requires great skill, Cardinal said.

The extrication competitions themselves are instructional. Other crews often bring new or different techniques to the events, which others can then implement in their own departments.

"You're always learning. You see how others do stuff," said Langstaff. "We've been able to bring a lot back here."

JESSICA CUNHA / METROLAND MEDIA

COMPETITION

Scenarios mimic real thing

The competitive scenarios mimic real collisions with crushed vehicles and props like propane tanks, concrete barriers, hydro poles and a live patient. Teams compete in three categories: rapid extrication, limited tools and unlimited tools.

VEHICLE SAFETY

What to do if you're trapped inside a car during a collision

No one ever wants to be involved in a collision, but if you are, Ottawa fire spokeswoman Danielle Cardinal offers some tips on what to do if you find yourself unable to exit your vehicle after a collision:

- Keep your seatbelt on until firefighters arrive, especially if you happen to be upside down.
- Call 911 if you are able.
- Remain calm.
- If your airbags have deployed or inflated, there will likely be a bit of powder released in the vehicle. Sometimes people mistake this powder as smoke. This powder is normal and not toxic. Initially it may irritate your eyes slightly, but teardrops usually help rinse the irritant away.
- Wait for instructions from emergency crews. There will be firefighters on scene shortly and one of them will become your coach throughout the rescue.
- Your firefighter guide will also ensure you are safe and protected before extrication tools are used to rescue you from the vehicle. Often they will put a tarp or shield around you to ensure you aren't injured by broken glass or other debris.
- Be prepared for loud noises inside the vehicle while the firefighters use their tools. The extrication tools can be very noisy and being inside a vehicle sometimes causes an amplifying effect. Don't be alarmed.
- Please remember that your safety is the extrication team's priority and your co-operation is crucial during an emergency.

JESSICA CUNHA / METROLAND MEDIA

Information kiosk startup looks ahead

INTERACTIVE STUDIOS

Tech product developed by Carleton pair

Adam Fiebel
Ottawa Business Journal

After striking a deal with a major Canadian property manager, a fledgling Ottawa startup could soon have its digital directory technology installed at shopping centres across the country – and is already looking at expanding into foreign markets, too.

Interactive Studios, founded by current Carleton University students Patrick Millward and Colin Pritchard a little more than a year ago, makes digital information kiosks that are meant to help visitors — to shopping malls or other large complexes such as hospitals — not only find their way to their destination but also obtain more information about each shop and get alerted to nearby events and special promotions.

The firm also sees huge potential in the touchscreen technology's collection of customer data that allows clients to gain an in-depth understanding of visitors' shopping habits.

Millward and Pritchard have been working closely with Carleton University's business accelerator and Lead to Win incubator programs while enrolled in the school's technology innovation management program.

> **We're taking it one step at a time.**
> Patrick Millward

They have been in talks with property manager Cadillac Fairview for roughly a year, launching a paid pilot program involving one trial kiosk that has been operating at the Rideau Centre since August.

By this summer, Interactive Studios will add seven more units throughout the downtown mall.

Cadillac Fairview owns 23 malls across Canada. Millward says the Toronto-based company's intent is to hire one provider to be responsible for the digital information kiosks at each of its shopping centres across the country. Interactive Studios' chief executive says that looks very promising for his young firm.

"We're taking it one step at a time," Millward says. "They knew that we're a startup, so they've been testing us throughout the entire process."

A new high school for Stittsville would cost $36 million. ISTOCK

EDUCATION

Stittsville high No. 1 on board's wish list

Haley Ritchie
Metro | Ottawa

Ottawa Carleton District School Board is sending its big-projects wish list to the province for approval, and a new high school in Stittsville tops the list.

Trustees voted on the capital projects priorities Tuesday night. Building a public high school in Stittsville would cost $36 million and is the top priority. Other priorities include additions at A.Y. Jackson secondary school and at the Viscount Alexander and Elmdale public schools.

Trustee Lynn Scott said she was pleased to see the new school at the top of the list, but said the long struggle to build it isn't over yet.

"The province has its own system for decision which projects to fund and doesn't always follow the priorities that school boards set," she said.

The province is more focused on school boards consolidating underused schools and classrooms, not building new ones.

"We're going to have to lean on the province, I expect," she said.

Stittsville currently has two high schools, both in the Catholic system.

IN BRIEF

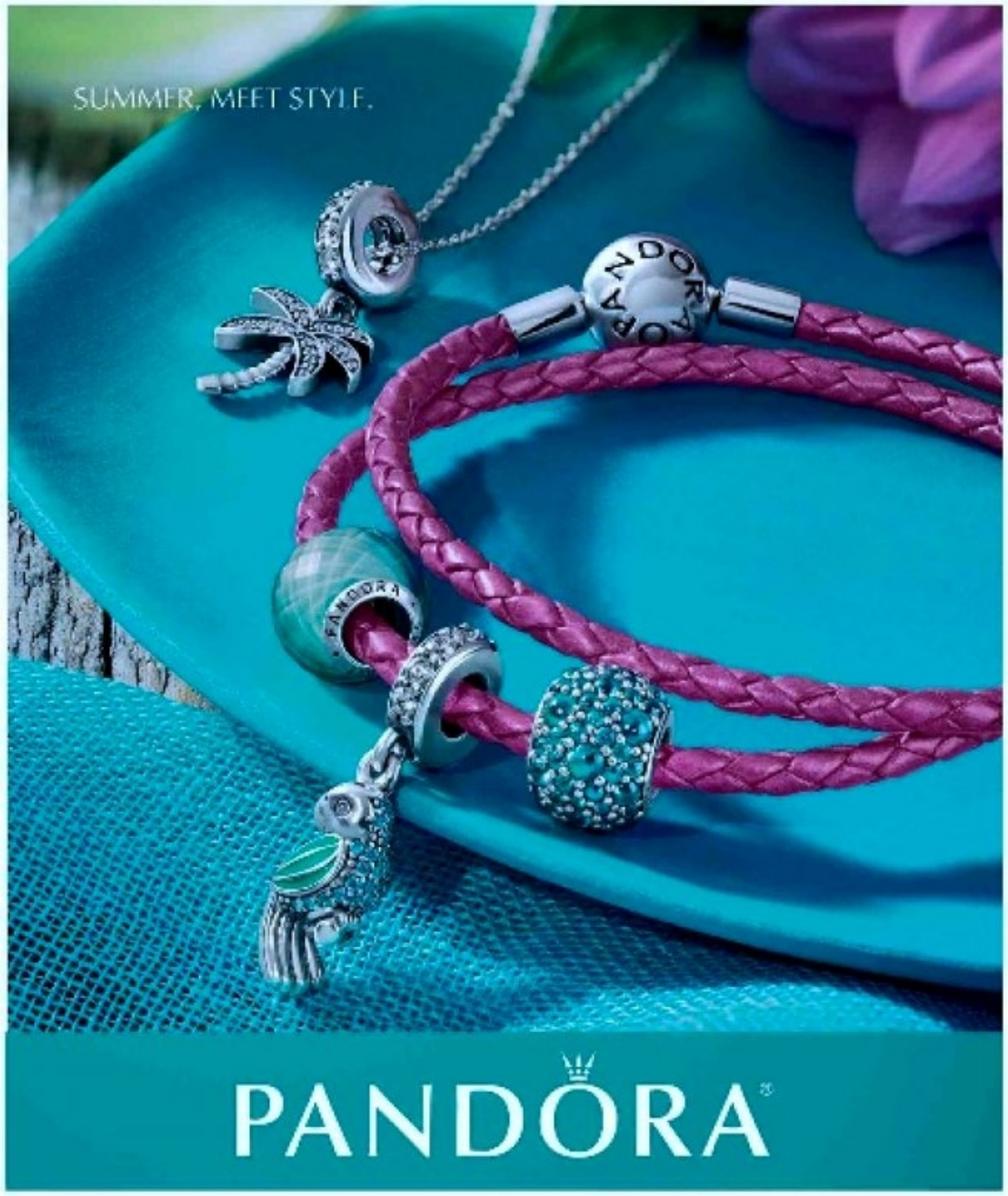
Learn how to fly a drone

Carleton will be offering a new drone crash course (or, more accurately, a 'how not to crash' course) this summer for people interested in uninhabited aerial vehicles.

The five-day course will be held at NAV Canada's facility in Cornwall from June 20 to 24. Participants will learn about a variety of drones, the science of flight and uses for the machines. The course also covers the risks of drone flying and current and pending policy regulations.

Carleton University is charging $2,000 for the course, and those who graduate will get a certificate from the school and NAV Canada.

HALEY RITCHIE/METRO



Charter violations cause for a rethink

POLICING

New training a possibility in wake of Court of Appeal raps

Joe Lofaro
Metro | Ottawa

The Ottawa Police Service is consulting with the Crown Attorney's office after Ontario's highest court ruled twice in as many weeks that officers seriously breached fundamental Charter rights of people in their custody.

In two separate cases, the Ontario Court of Appeal overturned convictions on a man and woman who were found guilty of drug-related charges because their constitutional rights were severely violated by a number of police officers.

In one of the cases, police officers did not inform Eneida Pino of her right to speak to legal counsel after her arrest and then held her in a cell for almost five-and-a-half hours before letting her speak to a lawyer, which is a violation of section 10b of the Charter.

In the other case, Philippe McGuffie waited for more than an hour to see a lawyer and one officer "gratuitously assaulted" him during a cell block strip search by standing on his ankles, the court ruled.

Police Chief Charles Bordeleau confirmed the police service is reviewing the two decisions to see if officers are in need of more training.

"The Ottawa Police Service is aware of both cases which date back to 2010 and 2011 and the recent court decisions," Bordeleau said in an email to Metro

"What I can tell you is that we work closely with the Crown's Office to identify (any) concerns or training issues that may arise on individual cases."

"We are in the process of reviewing these decisions and will be conducting a review in consultation with the Crown's Office to determine if any additional training is required for our members."

The move comes after two defence lawyers have called for police to consider re-training officers about Charter rights.

Lawyer Howard Krongold represented the man and woman in both appeals.

He said it is common to find cases in which police breach Charter rights, but rare to see a judge go as far as to exclude evidence and render an acquittal because the violations are so "serious."

"In both cases there was ample opportunity to give the detainee … an opportunity to consult with counsel and, really, for no good reason at all, police neglected to do that," said Krongold.

"It certainly wouldn't hurt to have more up-to-date police training. I think there is ample indication that more education wouldn't hurt when you have not just these two cases, but many other cases where police are — either because they don't know or because they don't care enough — (are) not being respectful enough of people's legal rights.

"They have an important and difficult job to do, but they also need to do it within the limits of what the law allows."

> **I think that there is ample indication that more education wouldn't hurt.**
> Howard Krongold

Ottawa Police Chief Charles Bordeleau says the force will review two recent cases in which the Appeals Court ruled officers breached detainees' Charter rights. ADRIAN WYLD/THE CANADIAN PRESS

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Police hunt shooting suspect

CRIME

One man dead, woman injured in city's eighth homicide since turn of the year

Joe Lofaro
Metro | Ottawa

Ottawa police are on the hunt for a suspect wanted for murder and attempted murder after a double shooting Tuesday evening in the city's south end left one man dead and a woman injured.

Shortly after 9:30 p.m., Ottawa police responded to Farriers Lane, near the intersection of West Hunt Club Road and the Airport Parkway, for reports of gunshots.

The Major Crime unit has identified the victim as 30-year-old Nicholas Kim of Ottawa.

He was taken to hospital in critical condition and received "a number of invasive treatments for gunshot wounds," according to the Ottawa Paramedic Service. He later died.

A 27-year-old woman remains in hospital in serious condition, according to paramedics.

Police have identified a suspect as 32-year-old Jonathan Ranger. They say he is considered armed and dangerous and if he is spotted, the public should call 911.

The suspected shooter was on Wednesday described as six feet tall, 250 pounds, with dark brown balding hair and brown eyes.

The late-night killing is the city's eighth homicide of 2016, which is one more homicide than there were in all of 2015 and in 2014.

No arrests have been made as the Ottawa Police Major Crime Unit continues to investigate.

The shooting also comes one day after police were called to another shooting in the city's downtown core early Monday morning.

Two men were injured in that incident and were subsequently treated in hospital.

Ottawa police are looking for Jonathan Ranger in relation to Tuesday's deadly shooting. COURTESY OTTAWA POLICE SERVICE

ACADEMY PROGRAM

Putting Ottawa on the elite hoops map

Tony House is hoping a new elite basketball program at Notre Dame High School will be a slam dunk for local players looking to compete at a higher level.

Players in the Canada Topflight Academy will be enrolled at Notre Dame High School and will train five or six days a week for competitions against other elite basketball players in Canada and the United States.

The partnership between House's academy and the Ottawa Catholic School Board launches this fall as a pilot project with a boys basketball program.

The cost for each athlete is $10,000 per year.

House has been working on bringing this program — like many that exist in the states and at prep schools in Toronto — home to Ottawa for about two years.

"I'm looking forward to putting Ottawa even more on the map by beating these top prep schools in Canada and the States," he said. "I love that Ottawa can compete, and I'm looking forward to showing people that Ottawa can compete on a national and international stage."

He put together a team of coaches that includes Dave Smart, who played high school ball for Nepean and Woodroffe high schools, before working at Carleton University as assistant and then head coach winning 12 championships.

The students, who will have to apply to the academy, will have access to the teachers, administration and guidance counsellors like any other student at Notre Dame.

House is looking for about 12 to 13 players for this fall and is tentatively planning an open house for June 4 with a tour of the school and two or three-hour open gym for players to show off their skills.

METROLAND MEDIA

A new elite-level basketball program, called **Canada Topflight Academy,** will launch this September. METROLAND MEDIA FILE

OSGOODE

Body found in river

The Ottawa Police Major Crime unit is looking into the discovery of a man's body found by a passerby Wednesday morning just outside of Osgoode.

Police were called to the scene at 11:16 a.m. near the 3600 block of River Road. They are treating the man's death as suspicious pending an autopsy to determine the cause of death.

The Ottawa Police Marine, Dive, and Trails unit was on scene in the afternoon to retrieve the body, which was found floating in the water.

Police have not yet released the man's identity as they attempt to notify the next of kin. JOE LOFARO/METRO

DJs spin boy band throwback

BACKSTAGE PASS

Shameless dance party tunes up classic pop hits

Trevor Greenway
Metro | Ottawa

Revelers get rinsed in a nostalgic blend of pop during a Shameless party earlier this year.
CONTRIBUTED

Comb out those frosted tips, buckle up those Tommy denim overalls and slip on those seriously creepy gradient sunglasses, because Babylon is bringing Backstreet back.

This Friday night, DJs Skid Vicious and Matty are offering guilt-free rides back to the days of New Kids on the Block, Backstreet Boys, NSYNC and all the other boy bands you secretly loved back in the day — bands you would listen to alone, on your chunky yellow Panasonic Shockwave Discman and would never tell your friends about.

But for Skid Vicious, known by day as Emmanuel Sayer, the music played at the Shameless monthly dance parties isn't necessarily bad — it's not even really about that. The nights are really just about making an emotional connection through music. If that's through a kickass jam by 98 Degrees, or a brilliant Boyz II Men ballad, then you might as well just throw on a halter top and a choker tattoo necklace and roll with it.

"Some of it can be cheesy and maybe not the most intelligent or the most clever, but if you like it and it's fun and it makes you want to dance and have a good time, then it's good," says Sayer.

"The goal of shameless is that you shouldn't be ashamed of the music you like. The tag line is sort of 'guilt-free pleasures.' If you like it, you like it and it can free that side of you that wants to feel ashamed about liking pop music or being too cool for it."

Shameless has been a solid vehicle for guilt-free dance parties for an impressive five years, a long time given how many niche DJ nights come and go in the city. What helps it survive, according to Sayer, is its ability to branch out to literally every genre of music out there, instead of throwing inclusive dubstep or minimal techno nights that bring underground sounds for underground crowds.

> **You shouldn't be ashamed of the music you like.**
> Emmanuel Sayer

"Some of those DJ nights weren't accessible for us to go to if you are not familiar with those songs or don't like dubstep or didn't want to hear obscure dance tracks. Shameless was a chance to listen to popular music," adds Sayer.

Shameless isn't really about playing good music, nor is it about necessarily playing bad music, but it's more about creating a guilt-free space where people can celebrate nostalgic music of all genres, without feeling embarrassed. As organizer Kiera Annette puts it, Shameless "celebrates pop music unabashedly."

"There is nothing like music to invoke the warm fuzzies and remind you of people and places," she says.

"The music itself can often be kind of silly and if you embrace that you'll find the fun comes really easily."

This Friday's Boy Band Edition of Shameless will feature that same old inclusive attitude, but with a bucket hat, puffy jacket flair — and all the delicious boy band music you can eat.

The party starts at 10:30 p.m. with tickets at $7.

Velcro up your Air Force Ones, it's time some Liquid Dreams.

Highway 417 will get a makeover from the provincial government. EMMA JACKSON/METRO

Province to widen, fix Hwy. 417

CONSTRUCTION

List of projects to start this fall, continue into 2020

Emma Jackson
Metro | Ottawa

Just when you thought your commute couldn't get any worse, the province has announced four more years of highway construction.

Ottawa-area MPs Bob Chiarelli, John Fraser and Madeleine Meilleur revealed on Wednesday a long list of projects on Highway 417, which will start this fall and continue into 2020.

The government plans to widen the highway from three lanes to four between Maitland Road and Carling Avenue, eventually expanding them all the way to the 416.

They'll also repair overpasses, replace some sound barriers along the entire stretch, and replace overhead signage.

And beginning this fall, the province will repave entire sections between Island Park Drive and Nicholas Street, the 174 split down to Ramsayville Road, and along Highway 416 from the 417 on-ramp to Fallowfield Road.

While staff wouldn't immediately name a price for the road works, which are going to tender this spring, the project is part of a larger $160-billion infrastructure investment that will target Ontario's roads, transit, schools and hospitals over 12 years, according to a news release.

The 417 work is billed as an opportunity to "help create jobs, ease congestion and shorten commutes."

"The expansion means more opportunity for local businesses, and it will help commuters get home to their families more quickly," said Ottawa-South MPP John Fraser.

The province has pumped $591.3 million into the highway since 2003, including the recent widening between Nicholas and the split to accommodate LRT construction.

IN BRIEF

Mom of autistic child waiting for MPP's personal apology

A Liberal backbencher has issued an apology after police were called on a mother of an autistic child who threatened a protest at his office — just not to the woman herself.

After Premier Kathleen Wynne told him to apologize, Bob Delaney said in a statement Tuesday — four days after police knocked on Melanie Palaypayon's door — that she "deserves a full apology, which I offer."

Only, Palaypayon says she is still waiting for Delaney's call. She says she is thankful he is apologizing, but it's not "from the heart" if it's only through a statement and not to her personally.

THE CANADIAN PRESS

CITY COUNCIL

Trained civilians eyed to direct traffic

Lucy Scholey
Metro | Ottawa

The City of Ottawa will ask the province to use people other than police officers to direct traffic.

Coun. Eli El-Chantiry, who chairs the Ottawa police services board, tabled a motion on Wednesday asking permission to use trained civilians to flag traffic at construction sites and intersections with flashing signals.

Currently, it's off-duty police officers who manage traffic at parade routes and construction zones. El-Chantiry said people like special constables, peace officers and enforcement officers will be able to direct traffic at a "significantly reduced cost" to taxpayers. That, and it will free up police officers to do other duties, he said.

Also at council:

- The city will ask the province to create a mandatory transit and transportation benefit for people on social assistance through Ontario Works and the Ontario Disability Support Program.
- Councillors approved an $18.5-million plan to fix an ice build-up problem at the aging water purification plant on Lemieux Island.
- After some debate, most councillors signalled they are on-side with David Suzuki's Blue Dot Movement. The environmental advocate has been going from city to city, trying to get each one on board with his campaign to have environmental rights enshrined in the Charter of Rights and Freedoms. Some councillors said they were worried about potential future costs to taxpayers.
- The mayor will host a Syrian refugee welcome event at the Aberdeen Pavilion on Saturday. There will also be a job fair at city hall on June 16. To date, 1,500 Syrian refugees have landed in Ottawa and 1,000 more on government assistance are expected to arrive before the end of this year. So far, 60 per cent are school-aged.

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Social housing gets cap-and-trade cash

ENVIRONMENT

Money going to retrofits for better energy efficiency

Ontario's Liberal government plans to pour nearly $1 billion from its expected cap-and-trade revenues into retrofitting social-housing apartments.

The environment and housing ministers announced Wednesday that up to $900 million over four years will go to the retrofits as well as grants and rebates for residential multi-tenant buildings.

They say the investments are part of a climate-change action plan that will be released in the next few weeks.

The Liberals have been pressed for details after a published report said they planned to phase out the use of natural gas for home heating.

$900M

Upper estimate on the amount, over four years, going to retrofits, grants and rebates

Environment Minister Glen Murray said Wednesday that it will be released before the Ontario legislature rises for the summer on June 9.

The $500 million in retrofits will include energy-efficient windows and thermal insulation on piping and other mechanical systems, and the up to $400 million in rebates and grants will go toward the purchase and installation of energy-efficient technologies such as boiler replacements and lighting retrofits. THE CANADIAN PRESS

Environment Minister Glen Murray TORSTAR NEWS SERVICE

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CYCLING

Reports of bad year a myth: Advocate

Emma Jackson
Metro | Ottawa

Cyclist Sarah Tremblay has been hit by a car three times.

The first time, she sprained her ankle. The second gave her bumper burn. The third left her with a broken wrist and nerves so rattled she no longer rides on busy roads.

"I'm constantly feeling like I'm being rushed through intersections," she said. "So I'd rather wait now. I take the long way."

She sticks to quiet back streets and multi-use pathways. The result? "I haven't been hit in ages," she said.

To hear Ottawa police tell it, it's been an awful spring for cyclists. There were 16 collisions in the first 12 days of May, prompting a news release urging cars and bikes to share the road.

But, in fact, Ottawa's cyclists have never been safer, according to Alex deVries, the data guy for Citizens for Safe Cycling.

"If the police say it's a rough spring, more than likely they haven't been through the numbers," deVries said.

Indeed, Const. Chuck Benoit said he didn't have the statistics, just a sense of a bad season given the recent rash of reports.

DeVries said cycling collisions have dropped drastically, according to police data compiled from 2004 to 2014.

On average, there were an average of 64 collisions in May over those 11 years, deVries said. In 2014, it was down to 35.

Sarah Tremblay sticks to quiet back streets and multi-use pathways after being hit by cars three times. EMMA JACKSON/METRO

IN BRIEF

Multimillion-dollar plan to boost First Nations health

Ontario will spend $222 million over three years to improve health care for First Nations people, especially in the north.

There will also be annual funding of $104.5 million for the plan, which will focus on primary care, public health, seniors care, hospital services and crisis support.

The plan will increase physician services, establish primary-care teams that include traditional healing, add cultural competency training for front-line providers and administrators, expand access to fresh fruits and vegetables and expand diabetes prevention and management. THE CANADIAN PRESS

G7 to hear Canada's economic approach

POLITICS

Trudeau to tout government investment, not belt-tightening

A group of powerful world leaders is about to hear a starkly new take on what Canada thinks must be done to revive the stagnant global economy.

Prime Minister Justin Trudeau will promote Canada's growth-boosting plan to his Group of Seven counterparts this week in Japan.

Trudeau's theme: government investment is better than belt-tightening. This approach will sound different to G7 leaders than the message they likely heard from Trudeau's predecessor, Stephen Harper.

The ex-Conservative leader, who lost power to Trudeau's Liberals last fall, regularly called upon the global community to apply budgetary restraint.

Trudeau's approach is expected to be well-received by most of his G7 peers at the two-day summit, which begins Thursday in Japan's Ise-Shima region.

Most of the leaders have supported the use of fiscal tools to foster growth, but countries such as Germany and the United Kingdom are likely to stick to their cost-cutting approaches.

One of Canada's closest G7 allies in the anti-austerity camp is Japanese Prime Minister Shinzo Abe, who met with Trudeau and International Trade Minister Chrystia Freeland on Tuesday in Tokyo.

"Prime Minister Abe has been a real pioneer in emphasizing the need for governments to use fiscal tools," Freeland, who participated in Trudeau's bilateral meeting with Abe, told reporters Wednesday in Tokyo. THE CANADIAN PRESS

Canadian Prime Minister Justin Trudeau speaks during a press conference with his Japanese PM Shinzo Abe. THE ASSOCIATED PRESS

HALIFAX, N.S.

Missing Syrian girl's photo sparks hope

Canadian relatives of a missing five-year-old Syrian girl are appealing for help after a mysterious photograph surfaced on the Internet.

Mohamed Masalmeh, a cousin of the dark-haired girl, says he's sure the photo shows Mira Akram Al Jawabrah after she was rescued from a boat that overturned off the coast of Italy in August 2014, when the girl was three years old.

Relatives were initially told Mira, her parents and three younger siblings — Yousef, Mahmoud and Maria — had drowned as they were making their way from Libya to Italy at that time, said Masalmeh, a friend of the girl's father and uncle. The boat had more than 500 refugees aboard when it sank in the Mediterranean, he said. About 200 people disappeared.

"We completely lost contact with them, and we didn't know if they were alive or not," he said.

"We assumed that everybody was dead."

However, relatives later spotted the girl's picture among a series of photos on a Syrian news website showing survivors from the capsizing, he said.

A photo of the girl believed to be Mira Akram Al Jawabrah that appeared on a Syrian news website. HANDOUT/THE CANADIAN PRESS

"They had hope that she was still alive, and the picture proved that she was still alive," he said.

In the photo, the girl is holding at white card with the number 268 on it.

Masalmeh said he's not sure who took the photo, and he says requests for information from the Red Cross, the Italian government and police have yielded no useful information. The girl has an aunt living in Kitchener, Ont. and a grandmother living in Jordan, but Masalmeh says the family has had no luck making phone calls and submitting paperwork through official channels. THE CANADIAN PRESS

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Punks, not politics, caused Trump riot

NEW MEXICO

Authorities say unruly mobs intended to cause mayhem

A day after a riot erupted outside a Donald Trump rally, Albuquerque officials blamed the downtown melee not on impassioned politics but on an unruly group intent on creating chaos in a city that has seen more than its share of violence.

Some participants openly admitted that they set out to cause disruption. Many in the crowd were seen with gang tattoos and at one point chanted to Trump supporters that they controlled the streets.

"I woke up all hung over and stuff," said Chelsea Rae Gray, a 24-year-old musician. "And then I said, 'Let's see what kind of chaos we can get into."' She said she came to the protest in her pyjamas and stole some Trump T-shirts from vendors during the confusion.

"Then I burned them," she said.

Cleanup crews spent Wednesday clearing away broken glass and charred debris in the largest city in the nation's largest Hispanic state. The mayor and police were tallying up the damage that spread to several blocks near historic Route 66.

> It was a riot that was the result of a mob trying to cause damage and injury to public property.
> City Council member Dan Lewis

Tuesday's gathering quickly turned from peaceful political opposition to chaos. Demonstrators stomped on patrol cars and shattered windows with rocks, authorities said.

Six officers were hurt after being hit with fist-sized rocks. They were treated at the scene, a police spokeswoman said.

At one point, a female protester was physically dragged from the stands by security. Other protesters scuffled with security as they resisted removal from the convention centre, which was packed with thousands of loud and cheering Trump supporters.

Trump responded with his usual bluster, instructing security to remove the protesters and mocking their actions by telling them to "Go home to mommy."

He responded to one demonstrator by asking, "How old is this kid?" Then he provided his own answer: "Still wearing diapers."

"It was a riot that was the result of a mob trying to cause damage and injury to public property and innocent citizens exercising their constitutional right to peaceably assemble," City Council member Dan Lewis said. THE ASSOCIATED PRESS

Riot police block off the Albuquerque Convention Center after a rally and speech by Republican presidential candidate Donald Trump in Albuquerque, N.M., Tuesday. THE ASSOCIATED PRESS

IN BRIEF

11 states suing over transgender directive

Texas and 10 other states are suing the Obama administration over its directive to U.S. public schools to let transgender students use the bathrooms and locker rooms that match their gender identity.

The lawsuit announced Wednesday includes Oklahoma, Alabama, Wisconsin, West Virginia, Tennessee, Maine, Arizona, Louisiana, Utah and Georgia. THE ASSOCIATED PRESS

UN says food aid reaches less than half of Syrians

Food aid has reached nearly half the civilians trapped in besieged areas of Syria, but much more remains to be done to help the 13.5 million in need across the war-torn nation, according to a UN report issued Wednesday. The report says there was an overall increase in fighting and a rise in civilian casualties in April. Food aid has reached over 200,000 people or 41.9 per cent of those living in besieged areas, nearly double the 21 per cent reached in March. THE ASSOCIATED PRESS

Wildfires inflicted damage on economy

BANK OF CANADA

Disaster will cut GDP by 1.25 points in second quarter

Prime Minister Justin Trudeau and Fort McMurray Fire Chief Darby Allen look over a burned out car earlier this month. THE CANADIAN PRESS

The Bank of Canada said Wednesday that the wildfires that razed parts of Fort McMurray, Alta., and forced the shutdown of several oilsands operations will exact a toll on the economy, but noted that it would be temporary as it kept its key interest rate on hold.

The central bank said that its preliminary assessment — its first since the disaster erupted earlier this month — suggests the fires will cut 1.25 percentage points off real GDP growth in the second quarter.

In its April monetary policy report, the bank had predicted growth at an annual rate of 1.0 per cent for the second quarter.

"While we don't know the bank's updated tracking excluding the wildfires, it's likely that the bank is tracking a contraction for the second quarter," TD Bank senior economist Leslie Preston said.

The Bank of Canada is expected to update its full outlook for the economy and inflation in its next monetary policy report on July 13, when it also makes its next rate announcement.

Despite the cut to its expectations for growth in the second quarter, the Bank of Canada kept its key interest rate at 0.5 per cent. The rate is a major factor used by Canada's big banks in determining their prime lending rates.

The central bank noted that growth in the first quarter was in line with expectations and the economy is expected to rebound in the third quarter as oil production resumes and reconstruction of the areas devastated by the fire begins.

The downgrade of the second quarter follows similar moves by economists at some of Canada's big banks.

THE CANADIAN PRESS

EQUALITY

Gender gap not closing among CEOs

For the second year in a row, female CEOs earned more than their male counterparts and received bigger raises.

But only a small sliver of the largest companies are run by women, and experts say gender parity at the top remains way off.

The median pay for a female CEO was nearly $18 million last year, up about 13 per cent from 2014. By comparison, male CEOs' median pay was $10.5 million, up just 3 per cent from a year earlier, according to an analysis by executive compensation data firm Equilar and The Associated Press.

A pay hike doesn't tell the full story though.

The jump is largely due to the small sample size: only 17 of the 341 CEOs were women.

That means any one CEO's compensation — Yahoo CEO Marissa Mayer's nearly $36 million package, for example, or Mary Dillon's 200 per cent raise at Ulta — can skew the results. Of the 10 highest paid CEOs on the list, only one was a woman: Yahoo's Marissa Mayer.

THE ASSOCIATED PRESS

IN BRIEF

Wrestler, website and billionaire go to the mat

Two months after Hulk Hogan won a $140-million invasion-of-privacy verdict against Gawker for posting a sex tape of him, news reports say the pro wrestler is bankrolled by Silicon Valley venture capitalist Peter Thiel, who was outed as gay by a Gawker-owned website in 2007. THE ASSOCIATED PRESS

Bank of Montreal to cut about 1,850 positions

The Bank of Montreal says it is cutting about 1,850 positions as consumers do more banking online and advancements allow it to digitize its processes. There were 46,166 full-time equivalent employees at the bank as of the second quarter, a decline of 616.

THE CANADIAN PRESS

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PHILOSOPHER CAT by Jason Logan

METRO ANALYSIS

TWO VIEWS ON HARPER'S EXIT

CHANTAL HÉBERT THE UPSIDE

His departure should clear the way for a much-needed Conservative pivot on climate change.

The federal Conservatives are gathering in Vancouver to praise Stephen Harper on Thursday and — if they are smart — to start burying some of his signature policies over the rest of their national convention this weekend.

It will be the first time Harper addresses his party and Canadians since his election-night defeat. It will also be the last time he speaks to the Conservatives as an elected politician. By the time the party picks his successor a year from now, the former prime minister will be long gone.

More so than Harper's parting words, his departure — expected at the end of the spring session of Parliament — should clear the way for a post-mortem the Conservatives can ill afford to avoid.

Last October, a mismanaged election campaign only compounded the decade-long mismanagement of some core policies. Few of those are more closely identified with Harper's leadership than the party's dismissive approach to climate change. On his watch it became part of the Conservative brand, and an albatross around the party's neck.

If the post-Harper Conservatives need strategic reasons to make their peace with the environmental issue of the era and end their war on carbon pricing, the foundering of their full-speed ahead pipeline agenda should provide it.

By focusing on getting more bitumen oil to tidewater to the exclusion of climate change mitigation the Conservatives did not just set back the pipeline projects they were purporting to promote; they also poisoned their own well.

Last October, Harper's approach paid few dividends in the parts of Atlantic Canada where projects such as TransCanada's Energy East pipeline otherwise enjoy widespread support. His candidates were beaten across the region.

It failed even more spectacularly in B.C.. Going in to the last campaign, it was a long-standing pillar of Conservative support. On the scale of the party's past presence in the province, Canada's Conservatives are paying a visit to a field of ruins this weekend. Here are some numbers:

The Conservatives came out of the last election holding only 10 of 42 B.C. seats, seven less than the Liberals and four less than the NDP. It was the worst Conservative showing in at least three decades.

In 2000, the year Stockwell Day lost to Jean Chrétien, and the last time a divided conservative movement took on the Liberals, the Canadian Alliance won a majority of B.C. seats (27) and almost 50 per cent of the province's popular vote.

Between 2011 and 2015, the Conservative share of the vote went from 45 per cent to 30 per cent. Over Harper's majority mandate, the party lost almost 150,000 B.C. supporters.

More than one ingredient went into the mix of the Conservative debacle. In B.C. as everywhere else, voter fatigue with the 10-year old government and its leader. The retirement of high-profile minister James Moore highlighted a weaker provincial team. Not since John Turner ran for a Vancouver seat in 1984 and 1988 had the Liberals had a leader who could — as Justin Trudeau did — boast a personal connection with the province.

But B.C..was also then and is now the ground zero of the pipeline debate, with two high-profile projects — Northern Gateway and Kinder Morgan — on the radar. Its Liberal government pioneered a carbon tax in 2008. If there was a place in Canada where the federal Conservatives' quasi-daily rants against such a tax stood to come across as gross fear-mongering, B.C. was it.

Those rants — combined with constant pipeline cheerleading — did much to advance the notion that a Harper-led government could not be an honest broker in the search for a balance between environmental protection and energy development.

An Abacus poll published this week found that about 30 per cent of British Columbians are outright supporters of the pipelines. That matches the proportion that voted for Harper last fall. But another 30 per cent say they could come on side under certain conditions related to the protection of environmental and indigenous interests. It is that sizable middle-of-the-road constituency that the Conservatives drove to Trudeau over the course of Harper's watch.

Stephen Harper arrives at his Ottawa office Wednesday.
ADRIAN WYLD/THE CANADIAN PRESS

ROSEMARY WESTWOOD THE DOWNSIDE

He has a duty to serve constituents, one that should not be taken lightly or so easily swept aside.

Not so fast, Mr. Harper.

It seems the man we once feared harder to get rid of than a period stain is actually planning to leave us. The rumours broke yesterday: Insiders say Stephen Harper will resign from politics before the summer is through. And while the metaphoric backside of Harper is his only good side, in my opinion, I'm not at all pleased. In fact we should all be insulted.

Of course, anyone can see why he'd want to skip out on the next three years of Trudeau Land. Don Martin, host of CTV's politics show Power Play, assures us Harper has "gamely hung on" during the "excruciating" experience of Liberal rule these past months (cue violins). "He has suffered enough," we're told, by simply having to be a lowly, regular old opposition MP.

Spare me. This surely can't be fun for our haughtier-than-thou former PM, but that's something he should have thought about before running for re-election.

Perhaps Harper, swept up in his mission to rule Canada, if not the world, actually forgot that it wasn't just the Prime Minister's Office he was campaigning for: it was the much more cramped space belonging to the federal representative for the people of Calgary Heritage.

Harper has a duty to serve those constituents, one that should not be taken lightly or so easily swept aside. It's not even that bad a gig: He might be restricted to representing only the 80,000 voters in his home riding, but he's being paid a cozy $170,400 to do it.

While we're talking numbers, Harper's early election call launched a campaign totalling $443-million for all parties — a whopping 53 per cent jump from 2011, which we mere citizens are partly on the hook for. Any byelection triggered by a Harper resignation would cost hundreds of thousands more.

While there seems something especially petty about a once-mighty Harper refusing to do the work of some Canadians because most of the rest of us rejected him, this is hardly a Conservative problem. Federal politics is full of stories of early resignations, some more credible than others: Wanting to "spend time with family" is nice, but an obvious cop out. Taking another job is also a poor excuse for throwing our votes back in our faces. The arrogance and two-timing of the thing particularly grates.

Dennis Pilon, a political scientist at York University, told me that Canadian politics, among parliamentary systems, is particularly afflicted by early resignations. Moral suasion, he said, could be a treatment: "If the public conveys its displeasure with these kinds of antics, it raises the price on this sort of misbehaviour."

Of course, the only displeasure Harper would recognize is that of his own flock, and judging from comments on the Calgary Herald's website, conservatives are full of thanks for their former leader and wishes of "happy trails." I'm sure this response represents only a momentary lapse in commitment to stick-to-your-guns, see-the-job-through, don't-waste-taxpayers'-money conservative values.

I'm sure, if given the chance, Calgary Heritage's stalwart conservatives would again rush to re-elect him, despite knowing full well they were once but a means to a much bigger, juicier end.

For some politicians, a vote is clearly worthless if you don't get exactly what you want.

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Durex study shows 52 per cent of adults expect better sex on holiday, but 60 per cent are disappointed

Living life in the shadow of Pablo Picasso

The Mermaid, painted in 1986 by Françoise Gilot.
CONTRIBUTED

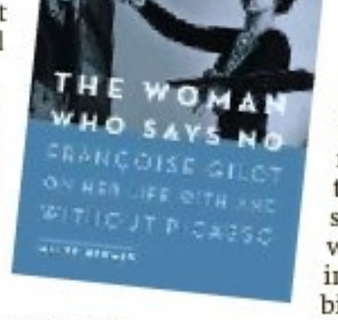
BIOGRAPHY

Françoise Gilot is still feisty, continues to paint in her 90s

Sue Carter
For Metro Canada

When German journalist Malte Herwig interviewed Françoise Gilot for the first time in 2012, he had a tough time convincing the then-92-year-old artist to pose for the accompanying magazine photos. There's no way in hell, she told him. Desperate, he tried to appeal to her ego. "I had the stupid idea to compliment her with the first thing that came to mind, which is, 'but you are very photogenic, madame.'"

Gilot shrieked with laughter, which was when Herwig realized his error. "I thought, 'Wow, is there anything more stupid I could have said to a woman who has been captured in portrait by Matisse and Picasso?'"



Awkward moment aside, three years later Gilot would pose in her studio for more photos to accompany Herwig's new book, The Woman Who Says No: Françoise Gilot on Her Life With and Without Picasso, published by Vancouver publisher Greystone Books. It's a fascinating story of a woman who, regardless of her own impressive artistic credentials, will forever be destined as a footnote in the biographies of her former lovers — artists Pablo Picasso and Henri Matisse, and medical researcher Jonas Salk, who discovered the first polio vaccine.

But the photos in Herwig's book, taken by Berlin photographer Ana Lessing, present an elegant, energetic woman who is clearly living as a successful artist in her own right, without a care for her notorious past. It's easy to see why Herwig was so taken by Gilot, and why, rather than writing a straightforward biography, he chose to pose the book as a series of lessons that he learned from spending time with the elderly artist, travelling between her Paris and New York–based studios. "The teacher-disciple dialogue is an ancient form since the 17th century. I thought I would revise it for modern day, sort of like Mitch Albom did for Tuesdays with Morrie," Herwig says.

Born in 1921 to a well-educated, wealthy family, Gilot's parents dreamed of having a boy, which led to her father treating her more like a son, which Herwig suggests set her up with the strong self-confidence and financial means that Picasso's previous partners — most of whom ended up committing suicide or in mental institutions — never enjoyed. Gilot met the famous artist when she was 21 and he was 61, and were together for 10 years, giving birth to two children, Claude and Paloma. After Gilot decided to leave Picasso for good, he threatened European gallerists that showing her work there would mean he would withdraw his own paintings, but instead of being defeated, she moved to New York, and began her own, if not understated, career there.

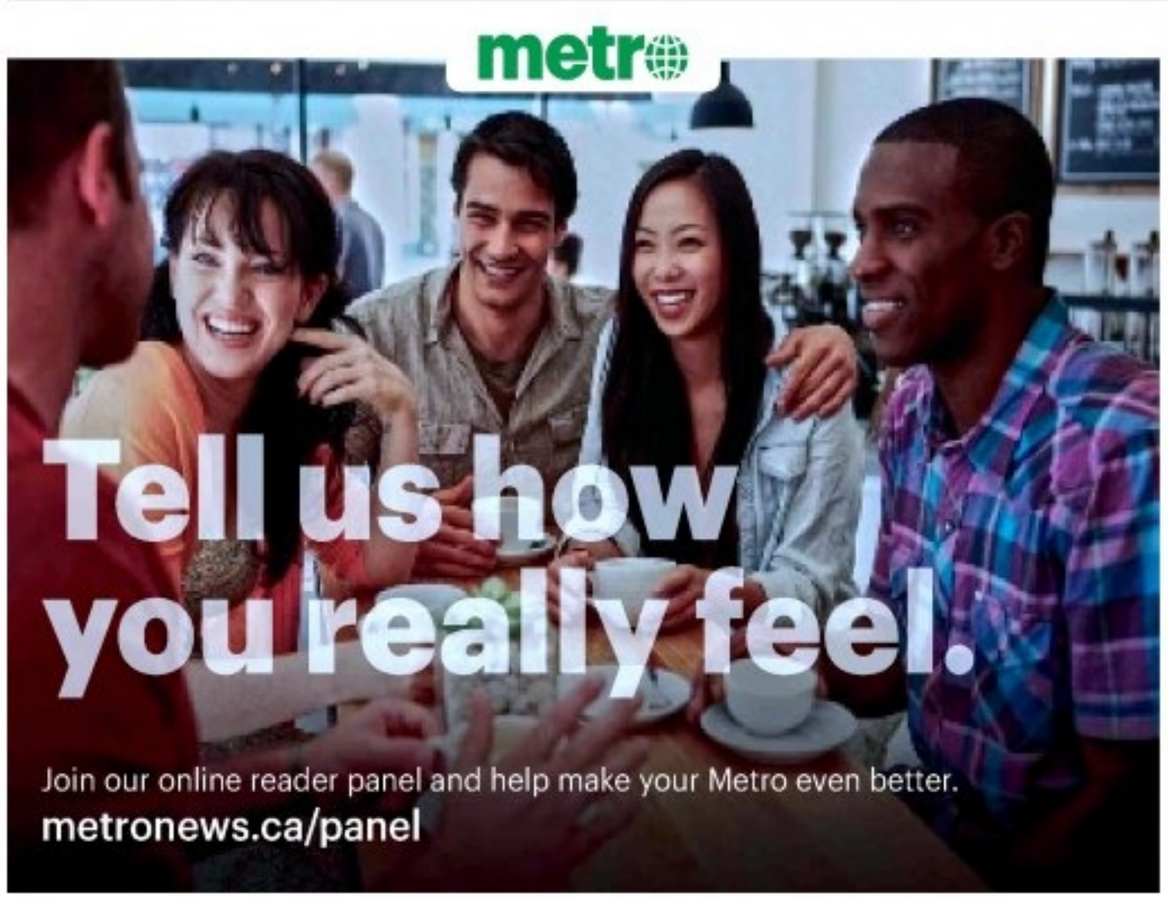
That is not to say that Gilot's life has been easy.

"Nowadays children of celebrities they do their own thing, a fashion label, perfume, whatever, that's a dime a dozen," says Herwig.

"But back then it was still different. Picasso was the celebrity of 20th-century art and he cast a long shadow. But she did something on her own."

Though her health is ailing and she's tired of life, Gilot still gets up to paint daily, while still in her slippers — she can't imagine doing anything else. "That's what fascinated me," says Herwig. "How your work as an artist enables you to live fully. That's also something we can all aspire to, rather than fall into the routine of everyday life. She helped pull me out of my own routine by giving me something to watch, to observe, to think about."

Sue Carter is the editor at Quill & Quire magazine.



MUSIC

The Hip plans tour amid cancer tragedy

The Tragically Hip will play concerts in 10 cities across Canada this summer, the band announced Wednesday.

The tour dates were revealed a day after the announcement that singer Gord Downie has been undergoing treatment for terminal brain cancer.

The tour is in support of the band's 14th album, Man Machine Poem, which will be released June 17.

It will begin July 22 in Victoria and end in the band's hometown of Kingston on Aug. 20, according to a news release. Tickets will be available to the general public on June 3, with a presale beginning May 30.

TORSTAR NEWS SERVICE

CONCERTS

Aug. 8, London, Ont.
Aug. 10&12, Toronto, Ont.
Aug. 18, Ottawa, Ont.
Aug. 20, Kingston, Ont.

Gord Downie, who announced this week he has terminal brain cancer, performs with The Tragically Hip in Toronto in 2003. KEVIN FRAYER/THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

The lonely side of Louis C.K.

THE SHOW: Horace and Pete, Season 1, Episode 2
THE MOMENT: The sex fantasy

Louis C.K.'s character Horance confesses his odd fantasies to his late father's girlfriend in a hilarious dream sequence in Horace and Pete. CONTRIBUTED

Horace (Louis C.K.) sits in his Brooklyn apartment, taking a break from the bar downstairs, which he runs with his brother Pete (Steve Buscemi). His late father's girlfriend, Marsha (Jessica Lange), appears beside him on the sofa. As they chat, it becomes clear Horace is imagining this.

"Why can't I have normal sex fantasies?" Horace asks. "I wish I had clean sex, about love. People have sex, and the whole time they're smiling at each other."

"Like Obama," Marsha says.

"Yeah," Horace says. "I bet they have nice sex, clean and full of love."

"Where did you get the idea that there are clean hard-ons?" Marsha sneers. "Sex is dirty. Bad and dirty and smelly and messy…"

"I just came," Horace says.

I've only watched two of the ten episodes, which Louis C.K. writes, directs, and sells on his website for $31 U.S., and I really like it. It's filmed like a play. It's quite still — no soundtrack, no fancy edits. It's populated with great actors, who are palpably keen to help Louis C.K. make something that feels new: Alan Alda as Horace's racist uncle; Edie Falco as his sister, who's fighting to sell the bar; Aidy Bryant as his daughter, who's trying to love him.

But Horace and Pete is some of the loneliest television you will ever see. Art exists to explore uncomfortable truths, and the truth depicted here is that even when we're surrounded, we're alone; even when people want to help, they usually can't. It's Cheers by way of Long Days' Journey into Night.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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BOOK EXCERPT

Keys to success

GRIT, BY ANGELA DUCKWORTH

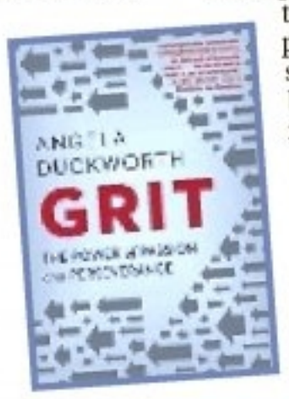
In her new book Grit: The Power of Passion and Perseverance, researcher, psychologist and professor Angela Duckworth looks into success and what powers it.

Rather than suggesting success comes from an innate "genius," Duckworth argues its a combination of passion and perserverance — a sense of Grit.

In this excerpt, Duckworth sheds light on how we can discover how "gritty" we are in our own life.

EXCERPT FROM GRIT BY ANGELA DUCKWORTH ©2016. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.

I recently gave a lecture on grit to undergraduates at the Wharton School of Business. Even before I'd cleared my notes from the podium, an aspiring entrepreneur rushed to introduce himself. He was charming — full of the energy and enthusiasm that makes teaching young people so rewarding.



Breathlessly, he told me a story meant to illustrate his own prodigious grit. Earlier that year, he'd raised thousands of dollars for his startup, going to heroic lengths to do so, and pulling several allnighters in the process.

I was impressed and said so. But I hastened to add that grit is more about stamina than intensity. "So, if you're working on that project with the same energy in a year or two, email me. I can say more about your grit then."

He was puzzled. "Well, I might not be working on the same thing in a few years."

Good point. Lots of ventures that seem promising at the start turn out badly. Lots of optimistic business plans end up in the discard bin. "Okay, so maybe this particular startup won't be what you're working on. But if you're not working in the same industry, if you're on to some totally unrelated pursuit, then I'm not sure your story illustrates grit."

"You mean, stay in one company?" he asked.

"Not necessarily. But skipping around from one kind of pursuit to another — from one skill set to an entirely different one — that's not what gritty people do."

"But what if I move around a lot and, while I'm doing that, I'm working incredibly hard?"

"Grit isn't just working incredibly hard. That's only part of it." Pause.

"Why?"

"Well, for one thing, there are no shortcuts to excellence. Develop ing real expertise, figuring out really hard problems, it all takes time— longer than most people imagine. And then, you know, you've got to apply those skills and produce goods or services that are valuable to people. Rome wasn't built in a day."

He was listening, so I continued.

"And here's the really important thing. Grit is about working on something you care about so much that you're willing to stay loyal to it."

"It's doing what you love. I get that."

"Right, it's doing what you love, but not just falling in love — staying in love."

How gritty are you? On the right is a version of the Grit Scale I developed for my study at West Point and which I used in other studies described in this book. Read each sentence and, on the right, check off the box that makes sense. Don't overthink the questions. Instead, just ask yourself how you compare — not just to your coworkers, friends, or family — but to "most people." Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score. As this book will continue to show, there is every reason to believe that grit can change.

Grit has two components: passion and perseverance. If you want to dig a little deeper, you can calculate separate scores for each component: For your passion score, add up your points for the oddnumbered items and divide by 5. For your perseverance score, add up your points for the even-numbered items and divide by 5.

If you scored high on passion, you probably scored high on perseverance, too. And vice versa. Still, I'll take a guess that your perseverance score is a wee bit higher than your passion score. This isn't true for all people, but it's true for most people I've studied. For instance, I took the scale while writing this chapter, and I scored 4.6 overall. My perseverance score was 5.0, and my passion score was only 4.2. Strange as it sounds, staying focused on consistent goals over time is more of a struggle for me than working hard and bouncing back from setbacks.

This consistent pattern — perseverance scores more often topping passion scores

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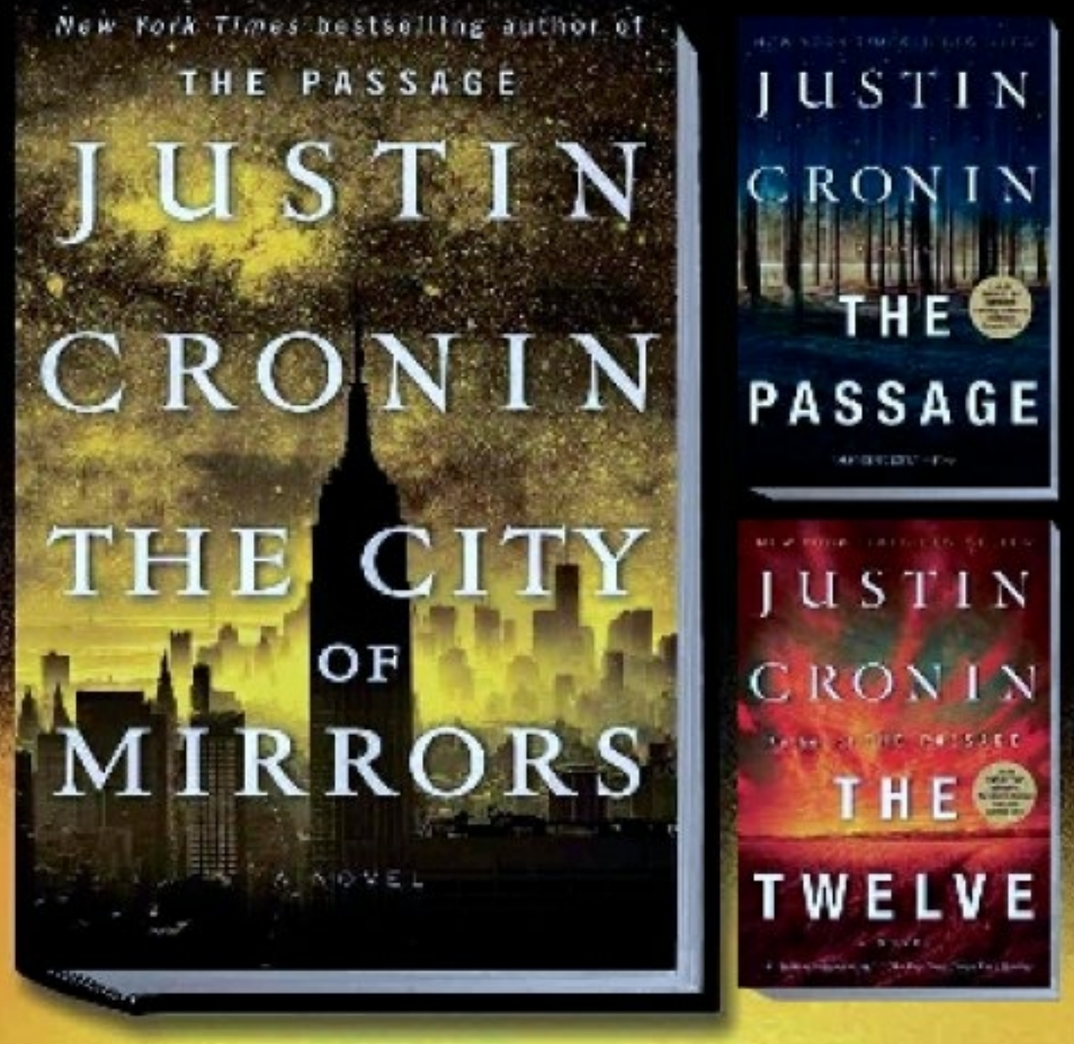

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'How gritty are you?'

	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to prursue a different one.	5	4	3	2	1
4. I am a hard worker	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin	1	2	3	4	5
7. My interests change from year to year	5	4	3	2	1
8. I am diligent. I never give up	1	2	3	4	5
9. I have been obsessed with a certain idea or project for a short time but later lost interest	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge	1	2	3	4	5

— is a clue that passion and perseverance aren't exactly the same thing. In the rest of this chapter, I'll explain how they differ and show how to understand them as two parts of a whole.

• • • • • • • • • • • • •

While taking the Grit Scale, you might have noticed that none of the passion questions asked how intensely you're committed to your goals. This may seem odd, because the word passion is often used to describe intense emotions. For a lot of people, passion is synonymous with infatuation or obsession. But in interviews about what it takes to suc- ceed, high achievers often talk about commitment of a different kind. Rather than intensity, what comes up again and again in their remarks is the idea of consistency over time.

For instance, I've heard of chefs who grew up watching Julia Child on television and remained fascinated with cooking into adulthood. I've heard of investors whose curiosity about the financial markets is as keen in their fourth or fifth decade of investing as it was on their very first day of trading. I've heard of mathematicians who work on a problem — the same problem — day and night for years, without once deciding, "Oh, to heck with this theorem! I'm moving on to something.

Thomas Sabo

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PET LIFE

Celebrating the dog days

CONTRIBUTED

Rain or shine, the first ever Ottawa Dog Festival, a celebration of our favourite furry friends, will take place on June 11 and 12 at the RA Centre (2451 Riverside Dr.).

This free outdoor festival features a dedicated doggy play zone, competitions, entertainment and gourmet food trucks including coffee, ice cream and Italian food. There will also be a wide selection of quality services and products on site, like invisible fencing from Invisible Fence Rideau Lakes and doggy clothing from KoKo Design.

"With so many dog lovers in this city, we wanted to expand on our fall event, Ottawa Pet Expo, and bring even more interactive programming, special guests, and great shopping through a fun, outdoor festival," says Ian Forsyth, managing partner of Caneast Shows, the company behind Ottawa Dog Festival.

Throughout the weekend, festival-goers can take part in a number of hands-on activities, including: a lure course and the Nutram Play Zone, an area just for playful pups where they can run, chase balls, and even cool off in the pool.

There will also be disc dog and flyball demonstrations and the high flying competition of the Rideau River DockDogs.

Ottawa Dog Festival even features a famous and furry special guest — Lottie the Hugging Collie — who will be performing several times a day with her sidekick Grizzly in the VIPooch tent.

"We have some exhilarating entertainment planned throughout the festival," says Pat O'Donnell, Caneast Shows' general manager. "With fast-paced demonstrations, competitions and our special guests, there is something for every member of the family, including our four-legged friends."

The festival will bring together a number of Ottawa-Gatineau's leading pet service providers and suppliers under a tented marketplace. Festival attendees can shop for the latest in food, fashion, toys, and equipment for their furry friend. Trainers, canine specialists, breeders, and rescues will also be on-site to share their knowledge and answer questions.

Activities for the pampered and the playful

The inaugural Ottawa Dog Festival offers plenty of quality services and products for our furry friends, on top of a wide variety of fun and entertaining activities.

The VIPooch Tent is devoted to the pampered pooch. Mom and Mutt Manicures will be available along with one-on-one sessions with Jessica O'Neill, a canine behavioural specialist.

In the demo ring, Emily DeVargas will be speaking on Energy Healing for dogs, Susan Barry-Howland will be explaining Angelic Synergy and its relationship to your pet, while Klaudija Troskot will be discussing how to heal your pet with gemstones and crystals.

For the kids, "Stop the 77," an interactive, educational workshop, will be held twice a day. Aimed to familiarize children with safe practices when approaching dogs, this workshop has a great success rate in preventing dog bites.

And don't miss special appearances by Ottawa Dog Festival headliners Lottie and Grizzly, the famous hugging dogs whose viral video has racked up more than 20 million views.

A $10 admission fee will be charged to gain access to the VIPooch Tent.

#DogFestArmy

Look for members of the #DogFestArmy at local dog parks leading up to the festival to score free passes to the VIPooch Area. Follow along on Facebook and Twitter to find out where the #DogFestArmy will be and when.

Lure Course

Dog Lovers Days are providing a public Lure Course for Ottawa Dog Festival. Playful pups will love chasing the lure through the obstacles, tackling tubes, and winding maze at this attraction. The fee to run the course is just $6 with a portion going to the event's rescues. You can also purchase photos of your champion pooch mid-course.

Play Zone

Run, play, chase balls, and jump into the pool in the FREE and fully staffed Nutram Play Zone, an enclosed play area that is perfect for pups of all ages who are looking to have some fun.

Dock Diving

This wet and wild competition features high

CONTRIBUTED

flying action from the Rideau River DockDogs. Watch these incredible dogs compete for the longest jumping and highest flying titles. There will be some trials open to the public as well for a charitable donation (suggested minimum donation of $15).

For the full competition schedule, go to ottawadogfestival.ca.

Disc Dogs & Flyball Demos

Adrenaline Rush Canine Stars will be joining Ottawa Dog Festival for Disc Dog and Flyball Demonstrations happening three times a day -- 10:30 am, 1:30 pm and 3:00 pm. Adrenaline Rush Canine Stars will be providing FREE performances that will both amuse and entertain.

The first annual Ottawa Dog Festival is coming soon!

When: *Saturday, June 11 from 10 a.m. to 6 p.m., Sunday, June 12 from 10 a.m. to 5 p.m.*
Where: *RA Centre, 2451 Riverside Drive*
Admission: *General admission is FREE**
Parking: *FREE*

Rain or shine, come out and enjoy shopping, food, drinks, games and lots of other entertainment under the festival tents! All four-legged friends must be on leash.

For more a full schedule of events and more information, visit ottawadogfestival.ca.

**Some games and activities have an associated cost. ATMs are available on site.*

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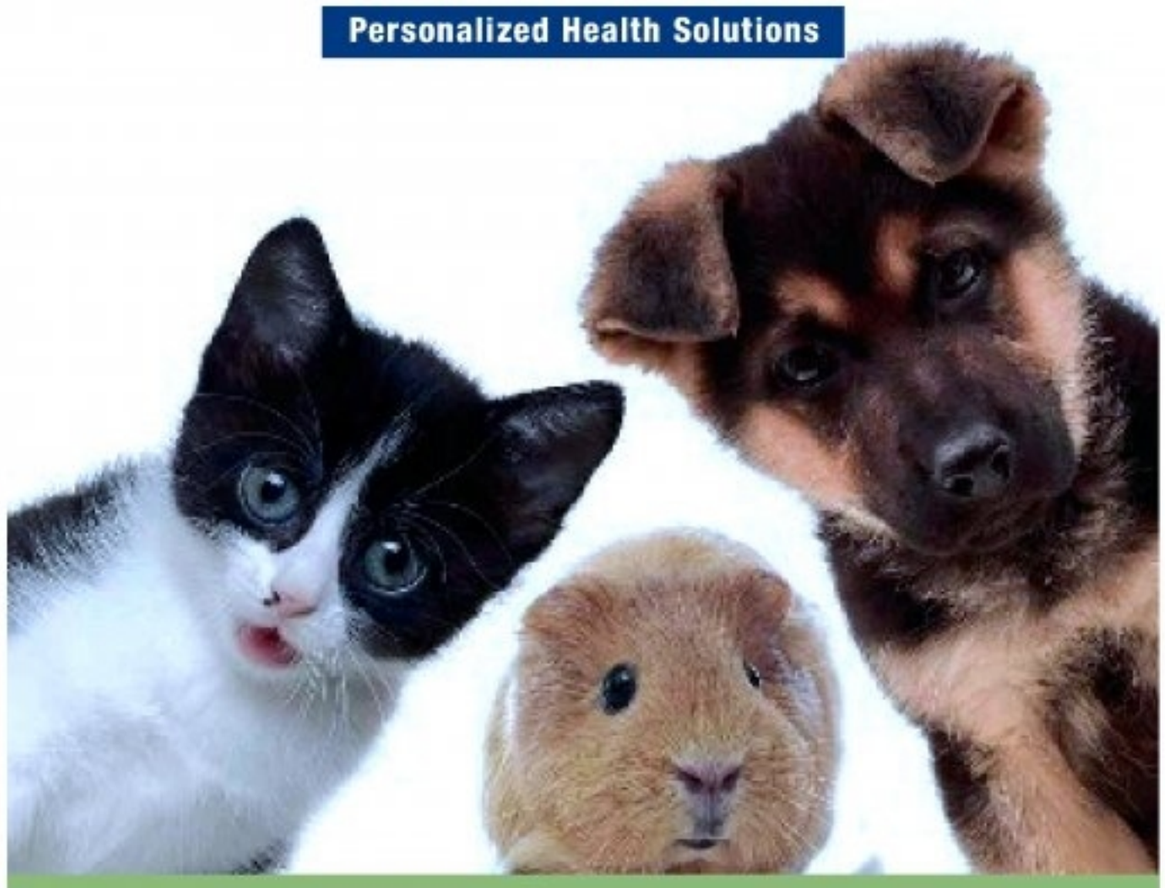

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"Everyone knows that children are more likely to take their medication when it tastes good, and the same is true for animals," says Kent MacLeod, clinical pharmacist and owner of NutriChem.

Flavour adjustments for pets include delicious chicken, beef, or liver for dogs; fish for cats; fruit flavours for birds; and even flavours for horses, cows, and zoo animals!

In addition to veterinary compounding, NutriChem's store carries natural pet supplements and pet homeopathy products to safely help animals with a wide variety of issues.

NutriChem celebrates Pet Day at their Richmond Road location every July, with great activities for all pets.

To stay informed about Pet Day 2016, visit their Richmond Road location, follow them on social media, sign up for their e-newsletter, or go to nutrichem.com.

Top 5 pet products

1. **Alpha Omega GlucosaPet:** *To promote healthy cartilage and joint function.*
2. **Alpha Omega OptiPet Multi:** *A liquid multivitamin for dogs, cats and small mammals.*
3. **Anima Care Gastro:** *To promote regular bowel movements and proper function of the digestive system for dogs and cats.*
4. **Anima Care Skin & Coat:** *To help maintain skin and coat integrity for dogs and cats.*
5. **Bach Rescue Remedy for Animals:** *To support emotional balance and healthy behaviour in pets.*

metro HOME

Your essential daily news

Britain has a "lost generation" with no gardening skills, the Royal Horticultural Society warns

MEET THE CONDO

Soho condo has great location

Project overview

Soho Champagne, a sleek condominium near Dow's Lake, is now 90 per cent sold. The building began selling units in 2011, and has been ready for occupants since last August. The hotel-inspired condo has a modern lobby with marble floors and in-house concierge.

In the neighbourhood

The neighbourhood is crowded with restaurants, pubs and vibrant nightlife. Buyers can also kayak on Dow's Lake or go skating on the canal. There are plenty of green spaces and pathways in the area, and Lansdowne is not far either, offering more shopping options and events.

Housing amenities

The building offers amazing views of the city skyline. The units themselves are very space efficient and make the most of the natural light flowing through floor-to-ceiling windows. The living areas are large and open, with quartz countertops and concealed European appliances in the kitchen.

Location and transit

Soho Champagne is excellent for all types of commuters, whether they drive, use public transit, bike or walk. Just minutes from the Carling O-Train station and main bus routes, the building is also very close to Bronson Avenue, Highway 417 and paths for cycling and walking.

ILANA REIMER/FOR METRO

EVERYTHING YOU NEED TO KNOW

What: Soho Champagne
Builder: Mastercraft Starwood
Designer: Roderick Lahey, architect
Location: 111 Champagne Ave. South
Building: Condominium
Sizes: 617 to 2,137 sq. ft.
Pricing: Starting at $302,900
Model: One to two bedrooms, one to two bathrooms.
Status: Now selling.
Occupancy: Anytime.
Sales centre: 111 Champagne Ave. South
Phone: Call (613) 798-7646
Website: Visit sohochampagne.com

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"It's ridiculous, it's foolish and some of the pro fighters are going to get beat by the amateurs": Mike Tyson on a proposal to let pros box at the Olympics

Win and they're in

NHL PLAYOFFS

Game 7 awaits Lightning and Pens for spot in Cup final

Anton Stralman of the Lightning checks Penguins centre Sidney Crosby during Game 3 of the Eastern Conference final on May 18. BRUCE BENNETT/GETTY IMAGES

Sidney Crosby is in no mood to get caught up in his own personal narrative, the one eager to attach whatever happens to the Pittsburgh Penguins in Game 7 of the Eastern Conference final on Thursday against Tampa Bay to the superstar's legacy.

Forget that Crosby has the game-winning goal in each of Pittsburgh's victories in its entertaining back-and-forth with the resilient Lightning. Forget that he hasn't been on the winning side of a post-series handshake line this deep into the playoffs since his glorious night in Detroit seven years ago, which ended with him hoisting the Penguins' third Stanley Cup.

Yes, he's playing well. Yes, his dazzling, imminently GIF-able sprint through the Tampa Bay zone late in the second period of Game 6 added another signature moment to a career full of them. Yet lifting Pittsburgh back to the Cup final for the first time since 2009 does not rely solely on him so much as the collective effort of all 20 guys in his team's retro black and Vegas gold uniforms.

Depth has carried the Penguins this far. Crosby insists Game 7 will be about the team, not him.

"You give yourself the best chance of winning by keeping it simple and not putting too much emphasis on kind of the story line around it," Crosby said.

Even if it's easy to get lost in those storylines. The Lightning are on the verge of a second straight berth in the final despite playing the entire post-season without captain Steven Stamkos and losing Vezina Trophy finalist Ben Bishop in the first period of the conference finals when he twisted his left leg awkwardly while scrambling to get into position.

> **I think it's a roller-coaster. But Game 7 is Game 7. There's no two better words than that.**
> Lightning coach Jon Cooper

Yet Tampa Bay has stuck around, ceding the ice to the Penguins for significant stretches but using their speed to counterattack brilliantly while relying on 21-year-old goaltender Andrei Vasilevski.

The Lightning are hardly intimidated by having to go on the road in a series decider. They did it a year ago in the Eastern final against New York, beating the Rangers 2-0 in Madison Square Garden.

"You've got to go back to a tough environment, just like the Garden was last year," Tampa Bay coach Jon Cooper said. "And you've got to have your A-game." THE ASSOCIATED PRESS

RAPTORS

Centre glad about second go at playoffs

Jonas Valanciunas is thankful his teammates have given him another chance to play in the post-season.

The Toronto Raptors centre is back on the active roster after spraining his ankle in Game 3 of the Eastern Conference semifinal versus Miami.

After winning that series in seven games, the Raptors evened their best-of-seven conference final series against Cleveland at two wins apiece — all but guaranteeing a Valanciunas return.

"It was tough (to sit out), but I was happy with how they were playing," Valanciunas said at Wednesday morning's shootaround ahead of Game 5. "They gave me a chance to come back and be part of that. So I think that was a great scenario for me, being able to come back and join them."

Jonas Valanciunas GETTY IMAGES

Valanciunas was made active for Monday's Game 4, but didn't play in the 105-99 win, as coach Dwane Casey figured out how to work him back into the rotation.

"I know he's our starting centre, but it's tough to put him out there if they're playing Channing Frye big minutes at (centre)," Casey said. "We just have to make sure that he has a matchup and he's not out there chasing three-point shooters all around the perimeter.

"He's going to be valuable for us because he is an excellent passer and can make plays from the top of the key."

The 24-year-old Valanciunas said he's "close" to 100 per cent.

"I'm ready to go," he said. "Percentage-wise, my ankle doesn't say a percentage. I'm just ready to go."

Valanciunas is averaging 15 points, 12.1 rebounds and 1.4 blocks in 10 games in the post-season. THE CANADIAN PRESS

FRENCH OPEN

Raonic yet to lose a set at Roland Garros

Milos Raonic has cruised into the third round of the French Open with a 6-1, 7-6 (0), 6-1 win over Adrian Mannarino.

Raonic fired seven aces past his French opponent and converted on four of his seven break-point opportunities.

The hard-serving Canadian did commit 17 unforced errors, but he was in form compared to the unsteady Mannarino, who had 30.

Raonic, from Thornhill, Ont., defeated Janko Tipsarevic 6-3, 6-2, 7-6 (5) in the first round.

Milos Raonic GETTY IMAGES

The eighth-seeded Raonic will face Slovakia's Martin in the third round. THE CANADIAN PRESS

IN BRIEF

Murray survives 2nd round

After 10 sets of tennis in his first two rounds at the French Open, Andy Murray sorely needs rest.

The Scot, seeded second, came through 6-2, 2-6, 4-6, 6-2, 6-3 on Wednesday against Mathias Bourgue, a 22-year-old French player ranked 164th with a wild card to play his first Grand Slam tournament. The second-round win came just a day after Murray beat Radek Stepanek in five sets. THE ASSOCIATED PRESS

MLB

Arrieta roughed up but improves to 9-0

Jake Arrieta remained unbeaten on the season despite allowing as many as four runs for the first time in nearly a year and the Chicago Cubs beat the St. Louis Cardinals 9-8 on Wednesday.

Arrieta (9-0) joined the White Sox's Chris Sale as the only nine-game winners in the majors.

Arrieta became the first Cub to win his first nine decisions since Kenny Holtzman in 1967 and it is the best start to a season for the franchise since Jim McCormick went 16-0 in 1886.

WEDNESDAY In St. Louis

CUBS	CARDINALS
9	8

Kris Bryant hit a three-run homer and Jason Heyward and Ben Zobrist each drove in two runs for the Cubs. THE ASSOCIATED PRESS

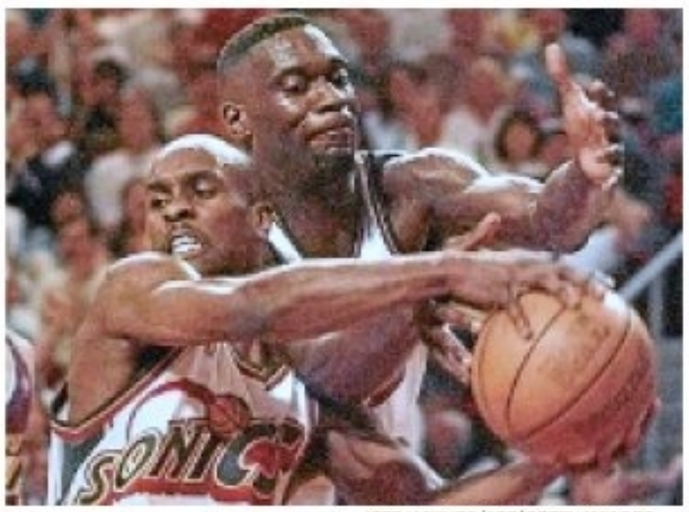
Go to metronews.ca for coverage of Raptors-Cavaliers Game 5.

Oh, what could've been

Despite finishing the regular season with a record-breaking 73 wins, the Golden State Warriors find themselves one game away from playoff elimination after losing 118-94 Tuesday night to fall behind 3-1 to the Oklahoma City Thunder in the Western Conference final. Here's a look at some of the best regular-season teams that failed to reach a championship final.

1 '93-94 SuperSonics

The Sonics had a league-best 63-19 record and the top seed in the West. Behind third-season head coach George Karl and all-stars Gary Payton and Shawn Kemp, Seattle scored an average of 105.9 points per game. With the retirement of Michael Jordan prior to the 1993-1994 season, the Sonics were a favourite to win the championship. Facing the Denver Nuggets and hall of famer Dikembe Mutombo in the first round, the Sonics lost in five games. The Nuggets were the first eight seed to win a playoff series. They lost to the Utah Jazz in the next round.



JEFF HAYNES/AFP/GETTY IMAGES

JAMIE SQUIRE/GETTY IMAGES

4 2014 L.A. Angels

With a 98-64 record, the Angels were the best team in baseball during the 2014 regular season. Los Angeles was first in runs behind sluggers Mike Trout, Josh Hamilton and Albert Pujols. The team also had starting pitcher Garrett Richards, but the Cy Young contender injured his knee in August and missed the remainder of the season. The Kansas City Royals stunned the Angels with a 3-0 sweep in the American League Division Series. Los Angeles' offence disappeared in the series, as the team batted just .170.

THE ASSOCIATED PRESS

JOE MAHONEY/THE ASSOCIATED PRESS FILE

2 '95-96 Red Wings

The Red Wings finished with an NHL-record 62 wins with 131 points. Under coach Scotty Bowman, the Red Wings had two separate streaks of nine wins and a 13-game unbeaten streak. Right-winger Sergei Fedorov had a team-high 39 goals, followed by captain Steve Yzerman with 36. Colorado upset the Red Wings in six games in the conference finals, then went on to win the Stanley Cup.

3 1998 Vikings

The 15-1 Vikings won the NFC Central and were only the third team in NFL history to win 15 games. Minnesota broke the then scoring record with 556 points, led by QB Randall Cunningham. Cris Carter and rookie Randy Moss combined for 29 touchdowns and each had over 1,000 yards receiving. The Vikings lost 30-27 to the Atlanta Falcons in the NFC championship when kicker Gary Anderson — who had not missed all season — missed a 38-yard field goal that would have iced the game. Minnesota went on to lose in overtime.

CRAIG LASSIG/AFP/GETTY IMAGES

RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

There's so much to love about this dish — crisp bacon, cheesey sauce, garlicy veggies.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusilli
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions

1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp. Put a big pot of salted water on to boil for the pasta.

2. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.

3. Cook your pasta according to instructions. Drain well and throw the cooked pasta into the vegetables.

4. In a bowl, whisk the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

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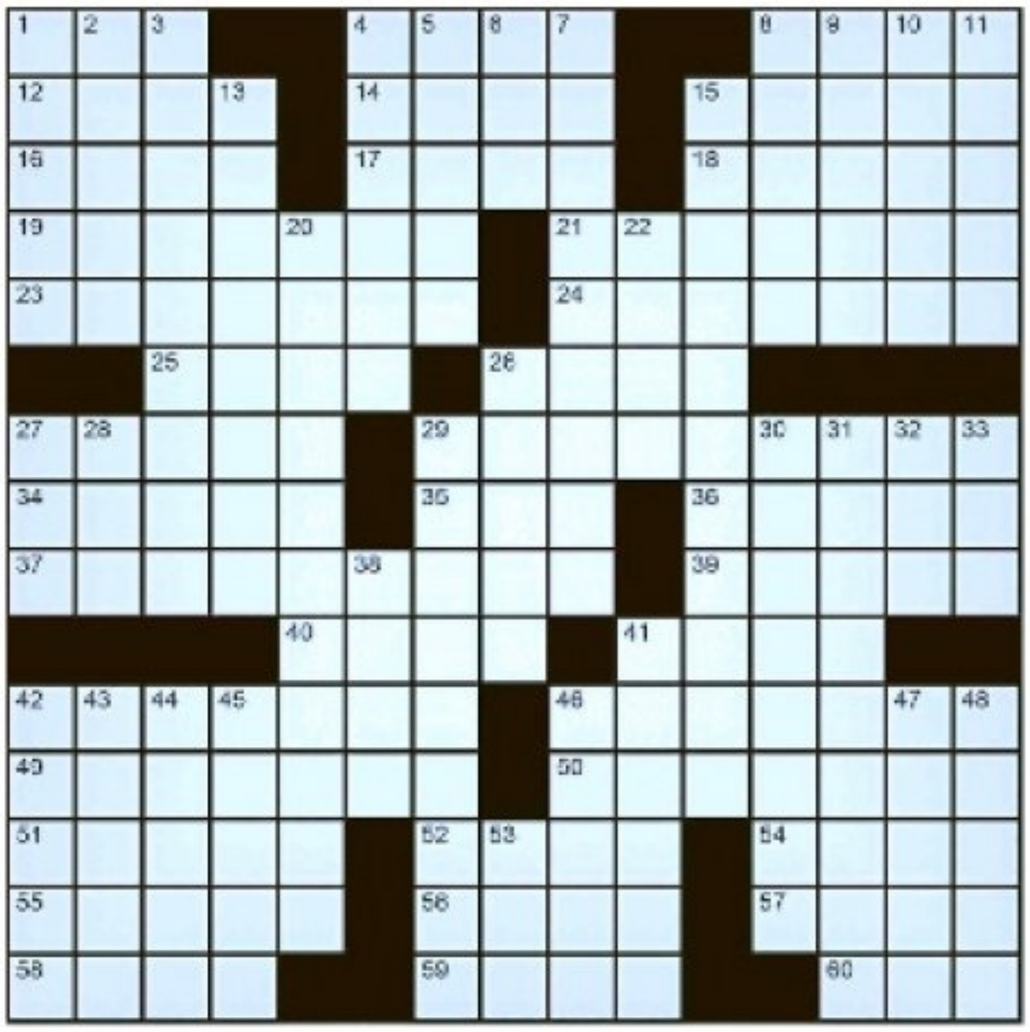
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sunscreen no.
4. Mr. Hartnett
8. Hurried the horse
12. Spaghetti cheese, for short
14. Odd mixture
15. A.A. Milne character
16. "...so long __ both shall live?"
17. Sheriff __ ("BJ and the Bear" character)
18. "__ you loud and clear."
19. Bee's weapon
21. Capital city of Uganda
23. Humanity
24. 6/49 and Lotto Max ticket add-ons
25. Fixed stare
26. Icelandic epic
27. __ New Guinea
29. Alberta town half-an-hour north of Calgary
34. Play __ (Do this in an orchestra, perhaps)
35. __ Islands, Indonesia
36. Freshwater fish
37. 1970s rec room walls choice
39. Reindeer: French
40. River islets
41. Permission requester's opener...: 2 wds.
42. __ fasciitis (Heel problem)
46. Not-in-a-group showbiz performance: 2 wds.
49. Mozart's musical rival in "Amadeus" (1984)
50. Having soup and a salad: 2 wds.
51. Singer Ms. Baker
52. In the thick __
54. Norway's capital
55. Shakespeare: Character in All's Well That Ends Well, variantly
56. Faux pas
57. Eager
58. Pine for
59. PR people, puny-ly
60. Jalalabad's country, for short

DOWN
1. Muscle cramp
2. Rice alternative
3. Making-a-meal need, often: 2 wds.
4. Dolly Parton song
5. "__..." (Prayer opener)
6. Fam. tree member
7. Creation by Chéticamp, Nova Scotia artist Elizabeth LeFort (b.1914 - d.2005): 2 wds.
8. Oprah's production company
9. __-__ monitor (Device one often sees singers remove)
10. Equal, to Marie-Claire
11. Some baby parents, to babies
13. One of Egypt's famous three pyramids
15. Star of HBO Canada's "Sensitive Skin": 2 wds.
20. Geographic location of #13-Down: 2 wds.
22. 'Ets' equivalents in English
26. Nets
27. Drivel
28. __ peel (Dermatology procedure)
29. Ms. Balfe (Irish star of "Outlander", on Showcase)
30. Query to the seemingly injured: 3 wds.
31. Body of water on which the Greek island of Corfu is situated: 2 wds.
32. Bleed
33. Jeanne d'Arc, e.g.
38. Fibber
41. Purposeful sayings
42. Hymn
43. Island of Hawaii
44. Letter As, in Arabic
45. Fun-spelling evenings
46. Gulf of __ Lawrence
47. __ (Music symbol)
48. Sisqo's "__ Song"
53. Daze

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Right now in your work, you feel balanced between what you want to do and what you think is possible. It's as if your hopes and dreams are more lined up with reality.

Taurus April 21 - May 21
You have a realistic view on how much you can spend on recreation. Everything has its limits (unless you have a money tree growing in your backyard).

Gemini May 22 - June 21
You feel reassured with the obligations of partnerships and what you want to achieve at home. Somehow, they are starting to dovetail.

Cancer June 22 - July 23
Your enthusiasm and positive frame of mind support your hard-working energy now. In other words, your attitude is helping you get things done. Bravo!

Leo July 24 - Aug. 23
It's encouraging that your hard work is literally paying off. When the money flows in, you don't mind the effort. It's true — no pain, no gain.

Virgo Aug. 24 - Sept. 23
The more you work to solidify your home base, the happier you feel. Keep doing repairs or whatever is needed so you feel secure where you live. This gives you a warm feeling in your tummy.

Libra Sept. 24 - Oct. 23
Even though you know that things are loosey-goosey in terms of potential job changes or residential moves, your faith in your own future is what keeps you strong. Good!

Scorpio Oct. 24 - Nov. 22
The positive feedback you get from friends and groups that you deal with reassures you of your values. And it is your values that attract people to you.

Sagittarius Nov. 23 - Dec. 21
As you begin your new journey, it's important to know that you impress bosses and influential people. Why not use their help and influence to open doors for you?

Capricorn Dec. 22 - Jan. 20
Although you are downsizing and letting go of many things, you can expand your world through knowledge, further education and travel. Look for ways to do this.

Aquarius Jan. 21 - Feb. 19
Because the support of others is forthcoming, you see ways to help those who are less fortunate, especially through nonprofit organizations or charitable clubs.

Pisces
Feb. 20 - March 20
The success of friendships and partnerships is definitely part of your time of harvest right now. These relationships are one reason you feel proud.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	4			5			
6			4		9			
			8		1		3	
			3		6		5	
		3			7	9	4	1
	7						8	
5							2	
1							6	
9	8	2	5				1	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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4	8	3	1	9	2	6	7	5
6	9	5	8	7	3	2	4	1
2	7	1	4	5	6	8	9	3
1	4	8	5	6	7	9	3	2
5	2	7	3	1	9	4	6	8
3	6	9	2	8	4	1	5	7
8	3	6	9	2	5	7	1	4
9	5	2	7	4	1	3	8	6
7	1	4	6	3	8	5	2	9

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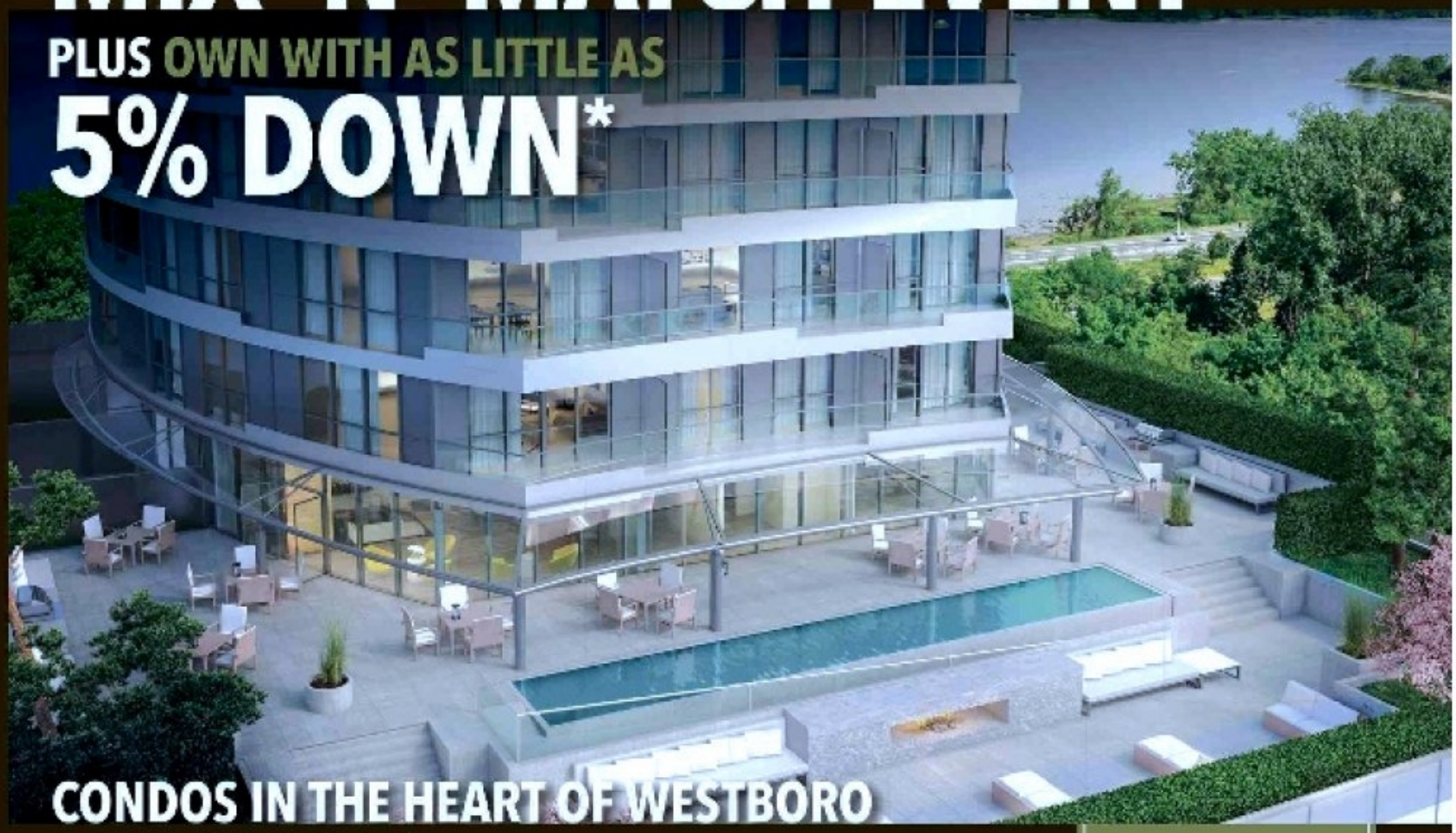

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